

Lemon Poached Salmon on Wild Rice

Good for use with: snapper, cod, orange roughy, perch, halibut, haddock, turbot, flounder, sole

**1 pound salmon fillet
Wild or White rice mix
1 cup water
2 tablespoons lemon juice
2 chicken-flavor bouillon cubes
1/2 cup green onions, sliced on the diagonal
1/4 teaspoon thyme leaves
1/4 teaspoon white pepper
1/2 cup carrots, thinly sliced on the diagonal
Paprika for garnish**

Select a favorite flavor of wild, spiced or white rice and prepare the desired number of servings according to the package instructions. Cooked or instant rice will work.

In a separate deep skillet, combine the water, lemon juice, bouillon cubes, green onions, thyme and pepper. Bring this mixture to a boil, then cover and simmer 5 minutes.

Add the carrot and simmer 3 to 4 minutes longer. Reduce the heat until the mixture is simmering. Lay the fish fillets in the liquid without crowding. Cover and simmer for 9 to 10 minutes or till fillet flakes easily. (The liquid is used to pour over the finished dish, so if it is too thin, take out the fish and vegetables when they are done and boil the remaining liquid until it has thickened slightly.)

Put a serving of rice in the center of each plate. Place a salmon fillet and some of the vegetables on the rice. Pour a small amount of liquid over the fish and rice.

Sprinkle lightly with paprika.

Makes 4 servings.